Twitter Thread by Subhasree Ray



Subhasree Ray
@DrSubhasree

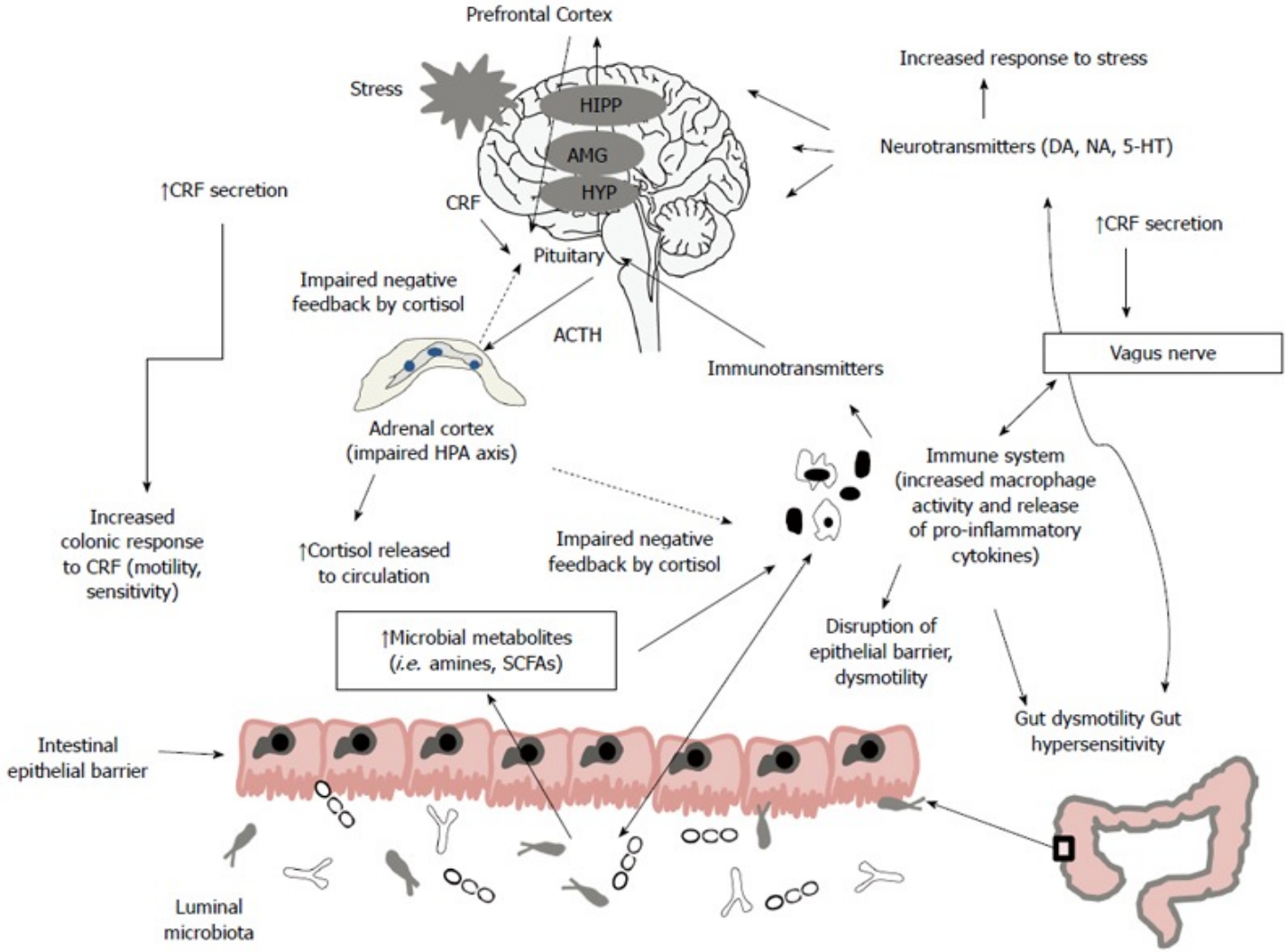
■Health Benefits of Yogurt: Yogurt, made by the bacterial fermentation of milk & a powerhouse of nutrients.

1 cup of yogurt provides:
49% of daily calcium need
38% of phosphorus
12% of magnesium etc.

Thread Explaining health benefits backed by science.
https://t.co/P64kIWaifJ



1. Some types of probiotics found in yogurt, such as Bifidobacteria and Lactobacillus, have been shown to lessen the uncomfortable symptoms of irritable bowel syndrome (IBS), which is a common disorder that affects the colon. https://t.co/IcAfB9zj3p

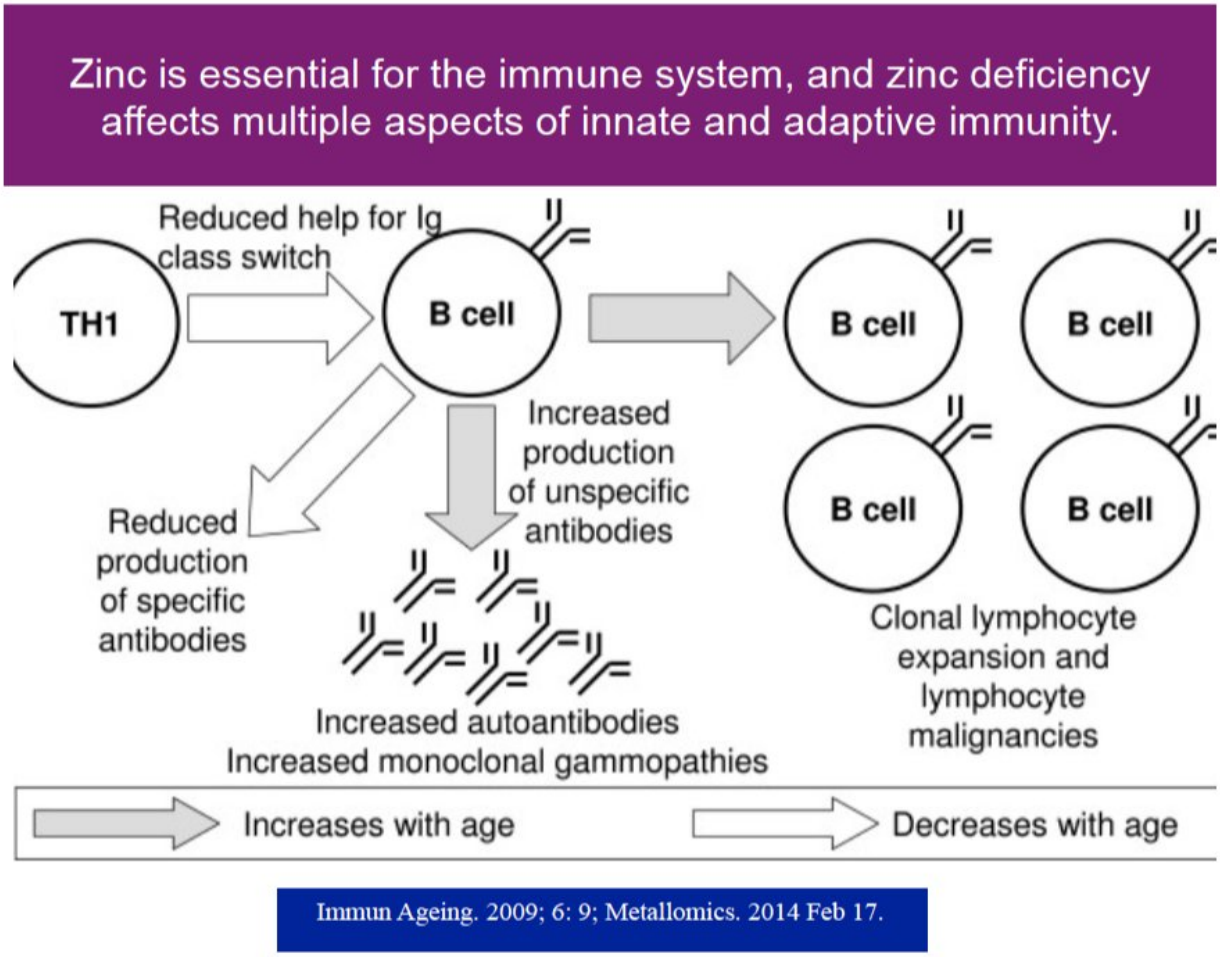


2. Probiotics may protect against antibiotic-associated diarrhea, as well as constipation.
https://t.co/zDFXuNf8gI
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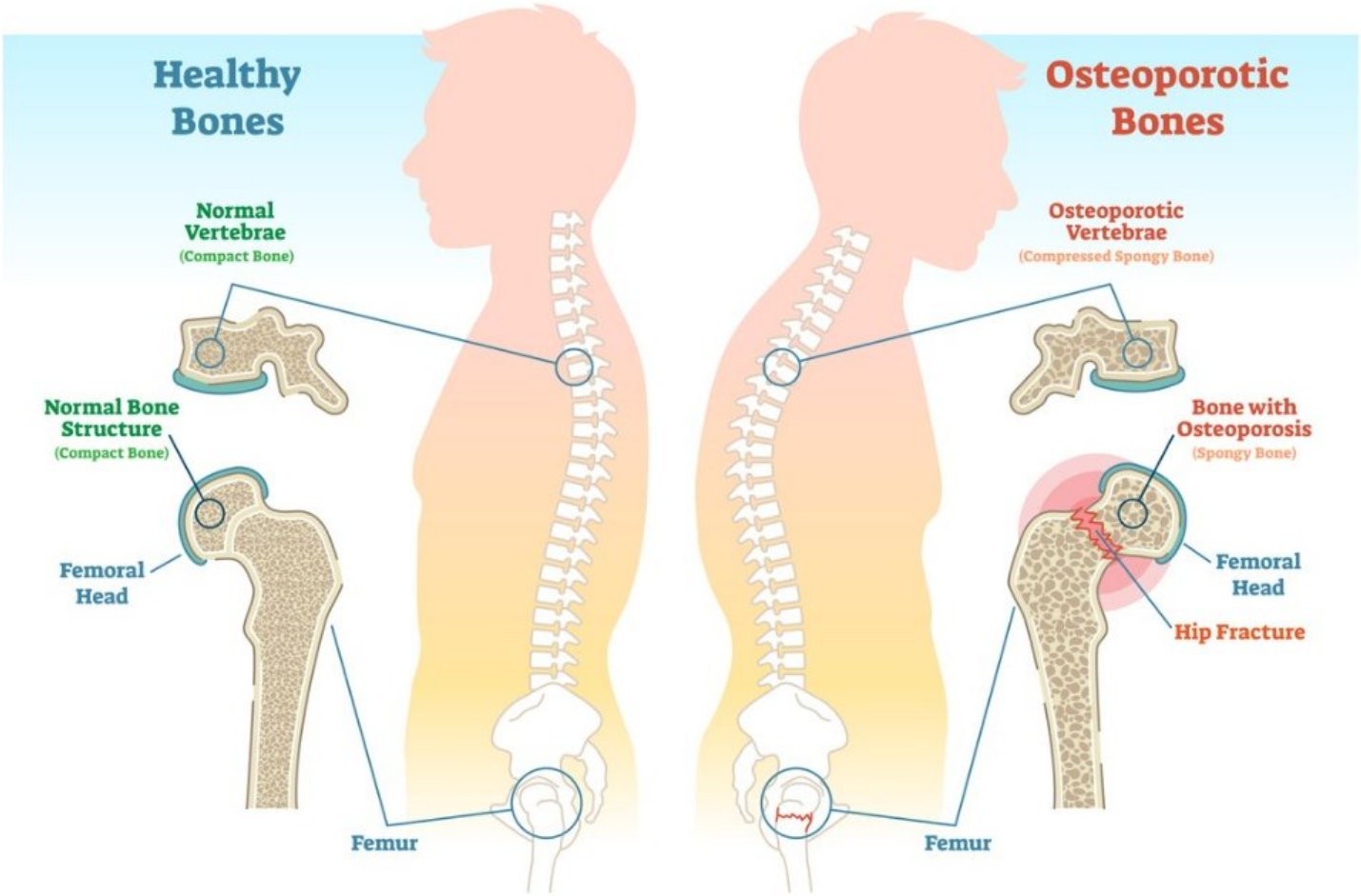
3. Strengthening the Immune System:

A. Probiotic helps in reducing the intensity, duration, and severity of the common cold.
https://t.co/ju942CnhAR

B. The immune-enhancing properties of yogurt are partly due to its magnesium, selenium, and zinc, which are known for strengthening the immune system.
https://t.co/7EJH5ZlgVd
https://t.co/3YpkdCAmvq
https://t.co/WkFdR4l47r

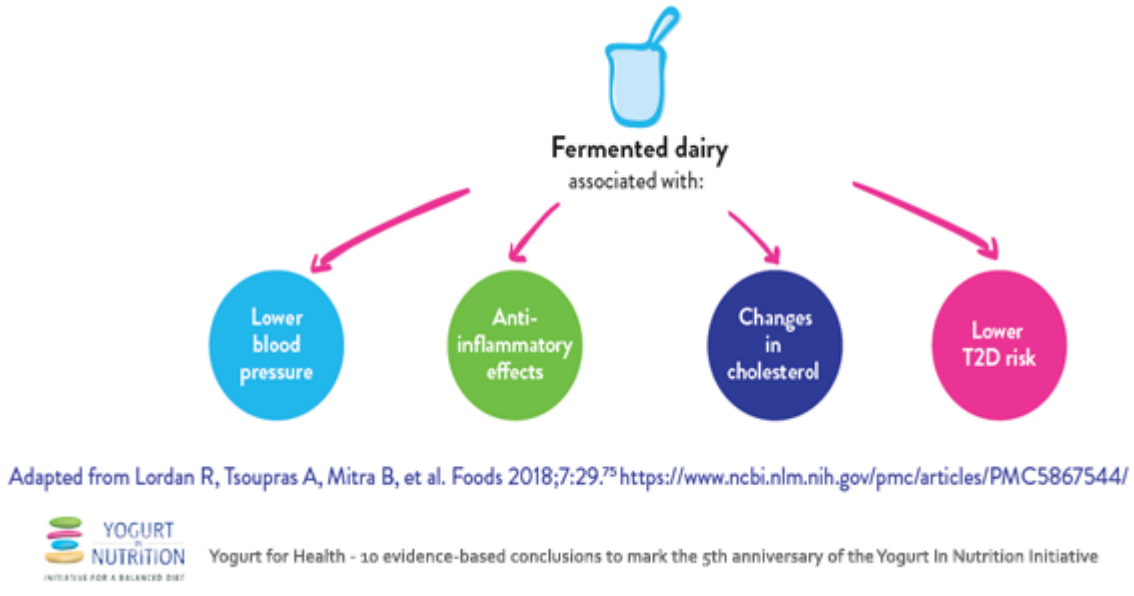


4. Protection against osteoporosis: Yogurt contains some key nutrients for maintaining bone health, including calcium, protein, potassium, phosphorus, and, sometimes, vitamin D.
https://t.co/EL1VH6UzcQ



5. Current research shows that the intake of saturated fat from whole-milk products increases good HDL cholesterol, which may protect heart health.
https://t.co/R6S0hS7VsP

6. Yogurt has also been found to reduce blood pressure.
https://t.co/lAPBYPeyXI



Adapted from Lordan R, Tsoupras A, Mitra B, et al. Foods 2018;7:29.[75] https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5867544/

YOGURT in NUTRITION

Yogurt for Health - 10 evidence-based conclusions to mark the 5th anniversary of the Yogurt In Nutrition Initiative

7. Weight Management: One review found that the intake of full-fat dairy products, including yogurt, may reduce the incidence of obesity. This is contrary to what was previously believed about fat intake and weight gain. https://t.co/bDioqRoHs7

This thread is compiled from information published by Healthline.